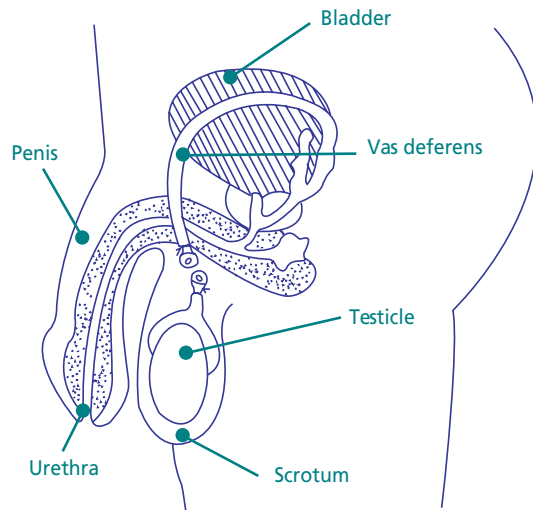


## Vasectomy



Sperm are made in your testicles (balls) and travel up the vas deferens (tubes) to mix with the semen before you ejaculate (come).

When you have a vasectomy the tubes carrying the sperm are cut and tied so no further sperm can enter the semen.

### HOW IS IT DONE?

There are 2 methods of vasectomy, the traditional and no scalpel. Both are done under local anaesthetic through a small opening in the skin of the scrotum. The 2 tubes, right and left, which carry sperm, are cut and separated, effectively blocking the sperm pathway.

### WHAT NEXT?

You may have a sore scrotum for a few days.

You can probably return to light work after 2 days but avoid heavy lifting or exercise for 1 week.

Once the soreness has gone you can have sexual intercourse again. Continue to use contraception until tests show your semen is sperm free. Usually this is 3 months after the operation.

### WHAT ARE THE POSSIBLE COMPLICATIONS?

- Infection
- internal bleeding
- a painful lump in the scrotum
- chronic pain of unknown cause.

### ARE THERE ANY LONG TERM HEALTH RISKS?

Research shows no association between vasectomy, heart disease, or cancer of the testicles or prostate.

### Can sterilisation be reversed?

Yes. However, it is a complicated and expensive operation to rejoin the tubes. Pregnancy may not happen.

**For more information about Family Planning resources, clinics and health promotion services go to our website, [familyplanning.org.nz](http://familyplanning.org.nz)**

# Sterilisation

## What is sterilisation?

Permanent contraception is called sterilisation. When a man is sterilised it is called a vasectomy. When a woman is sterilised it is called a tubal ligation.

## Why choose sterilisation?

- you don't want to have any children
- you don't want to have any more children
- you have decided that you cannot have any more children because of your mental or physical health, age or income.

## Have you considered

- if one of your children died, would you want another child?
- if your present relationship ended, would you want to have a child with a new partner?

## Consent

It is recommended that you discuss sterilisation fully with your partner. This is because you are both affected by the decision. However, it is not a legal requirement for your partner to give consent. You can ask for a sterilisation operation even if you have no partner or children.

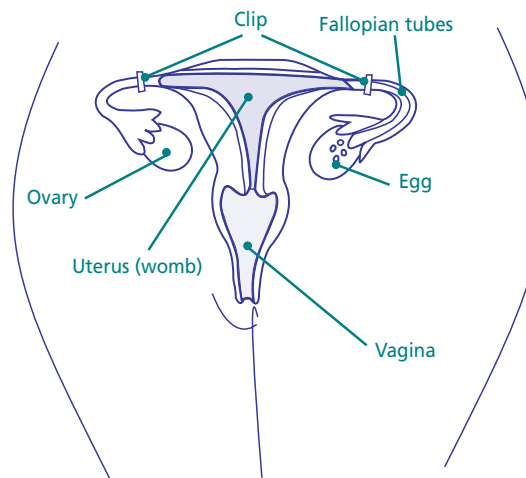
## Tubal ligation or vasectomy

These are some of the differences between the two operations.

| MEN  | WOMEN  |
|--|--|
| <ul style="list-style-type: none"><li>• local anaesthetic</li><li>• Family Planning clinic or doctor's surgery</li><li>• not effective for 3 months</li><li>• failure rate 1 in 2000</li></ul> | <ul style="list-style-type: none"><li>• general anaesthetic</li><li>• hospital</li><li>• effective immediately</li><li>• failure rate 1 in 200</li></ul> |

Many people consider that vasectomy is a simpler operation than tubal ligation with fewer side effects.

## Tubal Ligation



Each month an egg is produced in one of your ovaries and travels to the uterus along a fallopian tube. In this operation both tubes are closed by rings or clips or by cutting and tying. This stops sperm reaching an egg.

## HOW IS IT DONE?

There are two ways

- a laparoscope (tiny telescope) is put through a small cut by the navel. Another small cut is made near the pubic hair to allow the clips to be put on the tubes
- sometimes a longer cut is made near the pubic hair. This is done when a laparoscope cannot be used for medical reasons.

Both operations are done with a general anaesthetic. Some women go home the same day, others stay in hospital 1-2 days. This depends on which operation is done.

## WHAT NEXT?

You may need a week to recover before returning to your usual activities.

Your period will continue because your uterus is unaffected.

## WHAT ARE THE POSSIBLE COMPLICATIONS?

There is always a small risk with an operation

- risk from the anaesthetic
- damage to other organs
- internal bleeding
- infection.

Some studies suggest that women may have slightly heavier periods after tubal ligation.

If you get pregnant after a tubal ligation you have a higher risk of an ectopic pregnancy (in a fallopian tube).